



Makes 12 sopes
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 16- to 18-oz. package tube-style polenta

2 cups stir-fry frozen vegetable medley with peppers and onions

2 cups frozen corn

1 15-oz. can no-salt-added kidney beans, rinsed and drained (1½ cups)

1 14.5-oz. can no-salt-added fire-roasted diced tomatoes, undrained

1 tablespoon salt-free taco seasoning

Sea salt and freshly ground black pepper, to taste

1 avocado, halved, seeded, peeled, and sliced

¼ cup sliced scallions (green onions)

1 fresh jalapeño chile, thinly sliced (optional)

[Tofu Sour Cream](#) (optional)

Lime wedges

Polenta Sopes with Beans and Corn

Here's a healthy convenience-food twist on a Mexican favorite. Sliced tube-style polenta fills in for thick, tortilla-like base that's traditionally made with masa harina. The hearty vegan toppings get their roasty flavor from fire-roasted tomatoes, but for even more, use frozen roasted corn. Opt for the lowest-sodium tube-style polenta you can find, and go easy on salt in the rest of the dish. You can find polenta in the pasta aisle or near the refrigerated fresh pastas.

Note: Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

By Nancy Macklin, RDN

- 1 For sopes, preheat oven to 400°F. Line a baking sheet with parchment paper or a silicone baking mat. Cut polenta into 12 slices. Arrange on the prepared baking sheet. Bake 20 minutes or until lightly browned and crisp, turning once.
- 2 Meanwhile, in a large skillet cook stir-fry blend and corn over medium 5 minutes, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add beans, tomatoes, and taco seasoning. Cook 2 to 3 minutes or until heated through. Season with salt and black pepper.
- 3 To serve, spoon beans and vegetables over sopes. Top with avocado, scallions, jalapeño slices, and Tofu Sour Cream, if using. Serve with lime wedges.